



## කාලගුණ විද්‍යා දෙපාර්තමේන්තුව

வளிமண்டலவியல் திணைக்களம்

Department of Meteorology

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නිවේදන අංකය : 07

WW/H/19/07/04/07

වර්ණය : ඇම්බර්

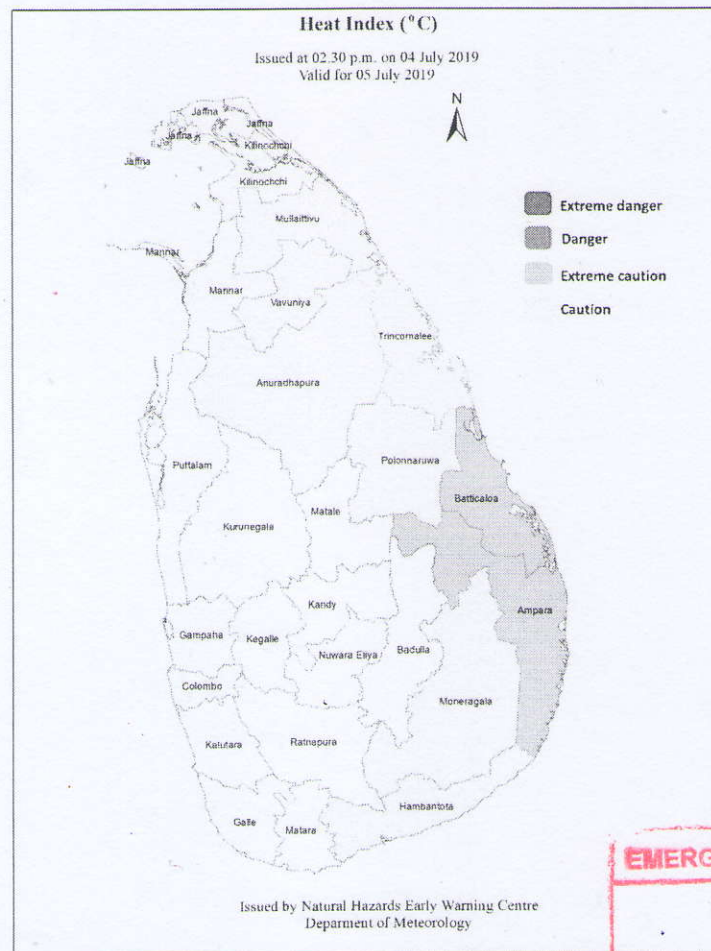
උණුසුම් කාලගුණ තත්ත්වය පිළිබඳ අවවාදාත්මක නිවේදනය

කාලගුණ විද්‍යා දෙපාර්තමේන්තුවේ, ස්වභාවික විපත් පිළිබඳ පූර්ව අනතුරු ඇඟවීමේ මධ්‍යස්ථානය විසින් 2019 ජූලි මස 05 වන දිනට වලංගු වන පරිදි, 2019 ජූලි මස 04 වන දින ප.ව. 02.30 ට නිකුත් කරන ලදී.

මඩකලපුව සහ අම්පාර දිස්ත්‍රික්ක සඳහා

විමසිලිමත් වන්න!

හෙට දින තුළදී මඩකලපුව සහ අම්පාර දිස්ත්‍රික්කවල ඇතැම් ස්ථානවල උණුසුම් දර්ශකය, එනම් මිනිස් සිරුරට දැනෙන උණුසුම 'වැඩි අවධානය' යොමු කළ යුතු මට්ටමක පවතියි යැයි අපේක්ෂා කෙරේ.



EMERGENCY OPERATIONS DIVISION

RECEIVED

Date : 2019-07-04

Time : 1500

*Lauren*  
D (Ops)/DO/ADO

DISASTER MANAGEMENT CENTRE



කාලගුණ විද්‍යා දෙපාර්තමේන්තුව  
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Bulletin No: 07  
COLOR: Amber

WW/H/19/07/04/07

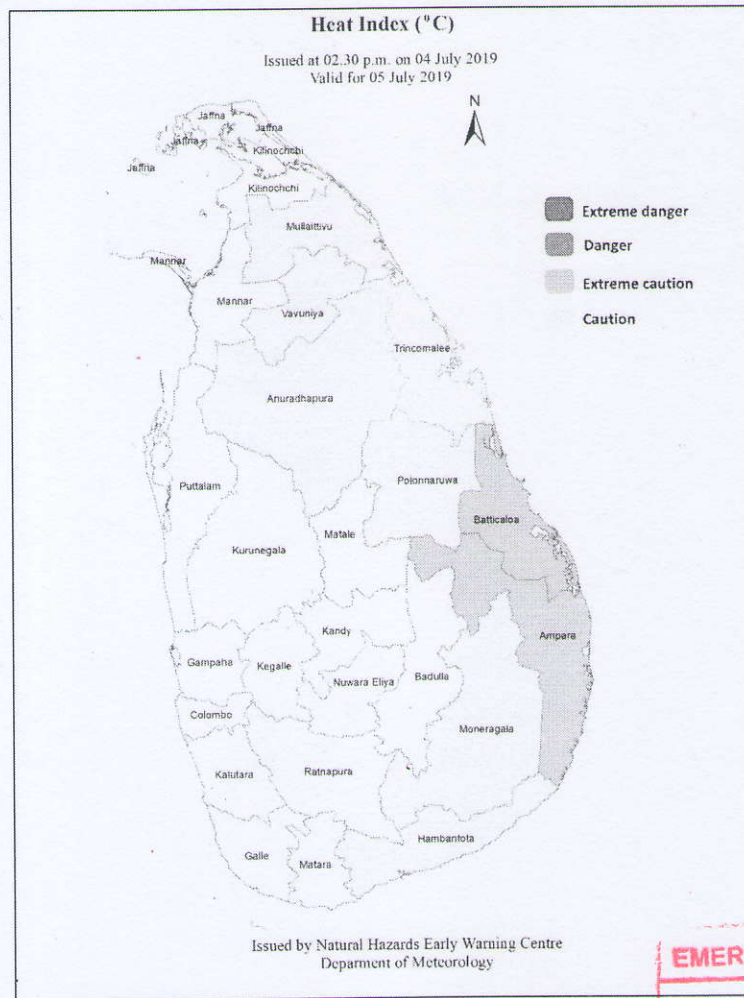
## Heat index Advisory

Issued by the Natural Hazards Early Warning Centre  
At 02.30 p.m. 04 July 2019 valid for 05 July 2019

### For Batticaloa and Ampara Districts

#### PLEASE BE AWARE

Heat index, the temperature felt on human body is expected to increase up to 'Extreme Caution' level at some places in Batticaloa and Ampara districts.



EMERGENCY OPERATIONS DIVISION

**RECEIVED**

Date : 2019-07-04

Time : 1500

*Lalith*  
D (Ops)/DO/ADO

DISASTER MANAGEMENT CENTRE





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Heat Index (°C)	Level of warning	
27–32	Caution	Fatigue is possible with prolonged exposure and activity. Continuing activity could result in heat cramps.
32–41	Extreme caution	Heat cramps and heat exhaustion are possible. Continuing activity could result in heat stroke.
41–54	Danger	Heat cramps and heat exhaustion are likely; heat stroke is probable with continued activity.
over 54	Extreme danger	Heat stroke is imminent.

The Heat Index Forecast is calculated by using relative humidity and maximum temperature and this is the condition that is felt on your body. **This is not the forecast of maximum temperature.** It is generated by the Department of Meteorology for the next day period and prepared by using global numerical weather prediction model data.

Effect of the heat index on human body is mentioned in the above table and it is prepared on the advice of the Ministry of Health, Nutrition and Indigenous Medicine.

## ACTION REQUIRED

**Job sites:** Stay hydrated and takes breaks in the shade as often as possible.

**Indoors:** Check up on the elderly and the sick.

**Vehicles:** Never leave children unattended.

**Outdoors:** Limit strenuous outdoor activities, find shade and stay hydrated.

**Dress:** Wear lightweight and white or light colored clothing.

### Note:

*In addition, please refer to advisories issued by the Disaster Preparedness & Response Division, Ministry of Health in this regard as well. For further clarifications please contact 011-7446491.*